

Angel Herald

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ATTIC ANGEL ASSOCIATION •

DECEMBER 2013

Our New Digs at AAP: Getting Settled

By Judy Brannstrom, Development Officer

The bricks and mortar of a new building can't tell the whole story. It's only when people begin to occupy the spaces that the building develops its own rhythm and personality. Today the new addition and remodeled spaces at Attic Angel Place are fully operational. We've moved in – and now we're really getting settled. Here's how things are shaping up:

- The light-filled courtyard walkway has become a popular quiet place for residents to view the gardens, read a book, or visit with friends.
- The Wellness Center offers a growing list of classes that are attended by Attic Angel residents, staff, volunteers and Junction Ridge neighbors.
- The third floor Households Pub is a favorite place for socializing.
- The “branch” libraries and rotating book collections in the Households are much appreciated.
- The new small dining room in the Health Center rehab area has become a favorite space, not only for meals, but also as a gathering area for relaxed visiting and newspaper reading throughout the day.
- The new Oasis is taking on its intended “feel” – a quiet place for peace and contemplation.
- The enlarged Health Center Activity Room now has two entrances that ease the traffic flow and minimize interruptions as residents come and go during activities. There's plenty of room to spread out during the morning stretch exercises.
- Hooray for private rooms in the Health Center! Residents truly appreciate the privacy. Some short-term rehab residents have compared their stays to being in a hotel.
- The expanded rehab therapy unit is experiencing an increase in activity as discharged residents return for convenient outpatient therapy.

The list goes on. How lucky we are to have new spaces that fit community needs and bring pleasure and functionality to all who use them.

Mary Ann's Musings

By Mary Ann Drescher, President



I recently attended the national conference for not-for-profit long term care providers in Dallas, Texas. There were hundreds of session options and some phenomenal key note speakers. One that I was particularly interested in was Mr. Dan Buettner. He has been all around the world studying

“Blue Zones” – pockets of the population with a very high percentage of individuals who are over 100 years of age. During his decade study, he found nine “secrets” to longevity in those few populations:

- Incorporate natural movement throughout the day. Think of the ladies in Okinawa who routinely sit on the floor and get up and down 30 – 40 times a day. Living a sedentary lifestyle and thinking that one hour of exercise a day will make up for it really won't. Keep walking, stretching, bending as your day unfolds and you will be healthier.
- Do something that gives you a sense of purpose. Whether that is a hobby that you enjoy, tutoring children or helping others, the key to a long life seems to be closely tied with believing your existence has meaning.
- Be able to downshift and regroup your thoughts. Meditation, naps, baths are all ways to rejuvenate yourself.
- Right food portions; as a rule, try to eat only 80% of what you normally would. Some cultures plate the food before sitting down to eat (instead of serving family style), which helps us not to over-eat. Think of the implication this could have with restaurants – if they would only reduce the portions (and the cost). Of course, New York's mayor didn't have much success with the super-size sodas.
- Have a plant slant to your diet; focus more on vegetables and less on processed foods and meats.

See Musings, Page 6

Assn. Board Highlights

By Betty Brunner, Board Secretary

November 18, 2013

Chair Karen Perzentka announced that Sue Bush will be the nominee for Vice Chair for next year and will be nominated for the Board of Directors at the Annual meeting in the spring.

Joanne Salzmann, Chair of the Volunteer Committee, is conducting a survey to see if volunteers want to keep their name tags at home or if they prefer to store them at Attic Angel Place. Everyone is asked to respond.

The Board reviewed the Association Policies and approved changes. Cindy Zellers, Chair of the Policy Committee, will write an article explaining the changes to Policies when the work is done.

The Association Policies and Bylaws will be added to the website member portal for ease of access.

The Policy Committee recommended some changes to the Bylaws which were approved by the Board. These changes will be voted on by the membership at the Annual meeting.

An ad hoc committee of the Volunteer Committee made a number of possible recommendations regarding activities and will continue their assessments and evaluations.

The Volunteer Reference Tool, formerly referred to as the "Pink Sheet", was approved for next year.

While the Attic Angel Prairie Point Board will make the final decision, the Association Board prefers that the money earned from the sale of the AAPP land go to pay down their development debt.

The State and Federal tax reports were approved.

A big Thank You goes to the Holiday Sale Chairs and to all those who helped to make the sale a very successful event.

Souper Volunteer Activity Fair

By Terri Carey, Volunteer Committee

Cold weather. Warm hearts. Hot soup. Mark your calendar for the upcoming Volunteer Activity Fair on Wednesday, February 5, 2014, from 10 am to 1 pm.

The goal of the Fair is to share information about all the activities and volunteer possibilities available at Attic Angel. Perhaps, you'd like to try some new activities. Your schedule may have changed and you'd like to know the times of all activities. Maybe you'd like more information about committee service. As an added bonus you'll get to visit with your fellow Angels and classmates and then sit down for a complimentary soup luncheon.

The Fair will also include an educational component, and the topics will be announced as soon as possible.

The first Volunteer Activity Fair was two years ago, and one of the things we learned about Angels is that they are motivated by Door Prizes, Silly Games, and Candy. We will have all those! It will be so much fun that the Snowbird Angels will be wishing they were here.



Volunteer Nametags are moving back to AAP in the near future! In order to facilitate this move, we need to know YOUR plan going forward: Will you store your nametag at AAP or keep it in your car/home? Please contact Kathy Schultz or Terry Mulvoy or stop by Kathy's office or the Association front desk to indicate your preference on the list. Thank you!!

Date Line for Prospective Members

By Nancy Killeen, Membership Committee

All meetings will be held in the Association large conference room.



Tuesday, November 19, 2013, beginning at 3 pm, anyone who is a sponsor, planning on being a sponsor, or would consider being a sponsor, was invited to a social to learn about being a sponsor. Light refreshments, conversation and information were shared.

Thursday, January 16, 2014, 1:30 – 3 pm, Prospective Members Informational Meeting for sponsors and prospective members
OR

Monday, February 3, 2014, 10 – 11:30 am, Prospective Members Informational Meeting for sponsors and prospective members.

Angels are the BEST recruiting tool. We spread our enthusiasm to others whenever we talk about our passion for Attic Angel.

January 10, 2014, is the due date for Sponsorship forms to be turned in to the office. The forms can be found in the workroom at the office and online on the website.

A Feather in Your Wing To:

Barbara Berven '10, Claudia Brown '10, Nancy Doll '04, Connie Grogan '02 and Joanne Salzmman '06 for their amazing work as Steering Committee on the new Holidays Galore & More Sale. Congratulations, ladies, on a job well done!!



Why We Need Your Hours

By Joanne Salzmman, Volunteer Chair

It seems hours reporting comes around more often than three times a year. I know as we go into this especially busy time of year it just seems to be one more thing for my already long “to do” list. I find myself asking the questions, “Why is this so important?” I decided to go right to the source to find out, so of course, I asked Jonelle. Hours reporting is necessary for our social accountability. It helps protect our status as a 501(c)(3) organization and supports the logic that we are a non-profit organization benefitting the community as well as ourselves. Hours must be recorded within our fiscal year which ends on March 31. In order to meet that deadline, all hours must be in by March 15. Why do we ask for them three (3) times a year? It is a huge job to log all the hours for all the Angels and doing this in sections helps the office staff to keep up. (Angels putting their own hours in online is a huge time-saver for Terry.) It also gives us an idea of where we stand throughout the year. When I think of all Jonelle does for all of us, getting my hours in on time doesn’t seem to be a lot to ask. And, by the way, if you do forget to turn them in, we will be glad to call with a gentle reminder.

Snow Angel Luncheons Continue to Rock

By Kay Steffen, Chair

Total proceeds after expenses from last year's luncheon were \$1,620.49. The money was used to buy door openers in the AAP Expansion. These provide ease of entry and exit for residents using the court yard and patio. Last year 87 Angels attended the Snow Angel luncheons. We hope next year we can increase our attendance by having each Angel bring an Angel to the luncheon who hasn't attended lately. It is a great way to enhance the lives of our residents with so little work on our part.

We have been doing some wonderful things for our residents in all four living areas at Attic Angel. To mention a few: The pergola at the front entrance, clocks in all rooms, enhanced gardens, books, papers, etc. for the library, the television, Wi and TV games for the activity department, and fitness equipment. Please join your friends this coming spring at your Snow Angel Luncheon. Looking forward to another successful year.

Holidays Galore & More

By Claudia Brown, Co-Chair

Snowmen, Santas, nutcrackers, sparkling jewelry, garlands, delectable delights and other holiday treasures went flying out the doors at the first Holidays Galore & More Sale that was open to the public. The financials were not tallied as of the press deadline, but with one Sale day passed and one to go, it was clear that there were many eager shoppers and hardworking "Angel" elves that helped make the Sale a success!



Special thanks to Jean Mortenson, Linda Argue, Carol Reneau and Cheri Teal who worked tirelessly

and transformed the large conference room into a holiday wonderland!

Special recognition goes to Linda Argue and Jean Mortenson, as the Holiday Chairs for the 2013 and 2014 Attic Sale, for cleaning, fixing and packing up all of our holiday treasures.



Thanks to all volunteers who worked hard and contributed to make this new endeavor fun and successful! Please see January's *Angel Herald* for a final wrap up of the Holidays Galore & More Sale.

Studio News

By Emily Wellentin, Art Program Coordinator

Thank you!

A big thank you to the Angels for letting the Studio participate in the Classic Clothing and Holiday Sales! We had a blast and raised lots of funds for studio supplies.

Glass Art for Sale

For those of you who have been admiring the glass drops hanging in the Health Center walkway, the Studio will be selling single and multiple glass drop sets during the December Studio Sale on December 9th in the front entrance parlor from 9 am -1:30 pm.

Prayer Shawls: 3, 2, 1!

Three, two, one! The Prayer Shawl Program only needs three more shawl donations to make it to 100 shawls donated in 2013. Thank you and congratulations! Many in our community have contributed yarn, time and shawls to make this program a big success. At press time, 83 prayer shawls have been given to members of the Attic Angel Community in 2013. All residents who live in the Haven, Households and Health Center are given shawls upon admission. Residents who are on Hospice and those who go through a big life change or celebration are also presented shawls. If you know of someone you think needs a shawl, please contact a member of Nursing or Activities.

Studio Learning Days:

Contact Emily Wellentin, 662-8859, emily.wellentin@atticangel.org, if you are interested in attending one of the Studio's free Angel classes.

December 13 @ 10 am- Fused Glass: Jewelry Design and Cutting Glass

Year-end Giving Summaries upon Request

Gifts to Attic Angel are acknowledged and receipted as they are received throughout the year. Although we will not automatically send out year-end giving summaries to all donors in January, we are happy to provide a summary statement if you request one.

To receive a summary statement of your 2013 gifts to Attic Angel, please contact Judy Brannstrom, Development Officer at 608-662-8901, or judy.brannstrom@atticangel.org.

AAP Board Highlights

By Cindy Zellers, Board Secretary

October 17, 2013

The education portion of the AAP Board meeting highlighted the Resident Councils in the Households and Apartments. Bobbie Brown, Resident Council Chair from the Households and Ruth Hutchison, Resident Council Chair from the Apartments shared some of the issues that are discussed at their meetings and also mentioned how well things are going. Both Chairs had suggestions for the future and compliments for all who make Attic Angel a special place to live.

Under new business, Marcie Vaage spoke about the work that Sarah Schliem is doing in the newly created purchasing position. Inventory is being more closely tracked, resulting in more accurate billing for supplies used. Asset tags are now being used so that items within the facility can be more easily located. Sarah is also doing other tasks that will make the purchasing process more uniform and accurate.

Managers are working on budget submittals and a variety of issues are being studied for inclusion. Derek Buckley talked about sales and admission strategies and about plans for use of the Wellness Center. Open houses are now being held weekly. Tai Chi and Zumba classes will begin in the Wellness Center soon.

There was discussion about resident storage and potential use of the rooms and offices within Attic Angel Place. The resident storage project was approved.

The 125th Anniversary Committee has expressed some interest in having some historical exhibits within Attic Angel Place and the Board agreed with the idea.

AAP Resident Birthdays - December

Apts.

Dec 21 Mrs. Peggy Metzner
Dec 23 Carol C. Klongland
Dec 27 Mrs. Marcella Dickmeyer
Dec 29 Catherine Felten

Health Center

Dec 7 Mrs. Rosemary Powers
Dec 13 Mrs. Mary Mullin
Dec 20 Mr. Fay Emden

Households

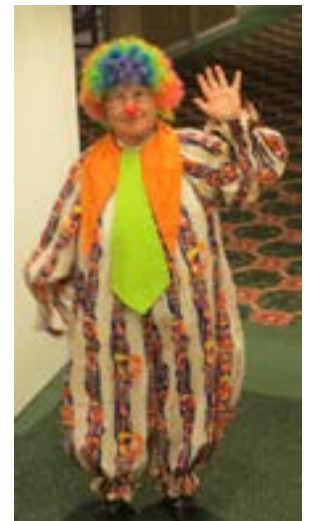
Dec 22 Mrs. Catherine
Doleschal
Dec 25 Mrs. Hazel Grota

What Is in the Attic Angel Archives?

By Jean Lewis, Historian

- A delicate hand beaded necklace given as a gift by the Chief of the Mendota Tribe to Frederick Giddings and his wife upon their marriage in 1850.
- Two 8x10 photographs from the Brady Collection at the Library of Congress detailing Lincoln giving his Gettysburg Address and a view of the crowd.
- A copy of a letter sent to Pat Nixon by Pat Laird, Luncheon Chairman for the 1973 House and Garden Tour, asking for her recipe for Apricot Nut Bread. Mrs. Nixon's response was neatly typed on White House stationery.
- A few years ago the original cookbook of Hattie Bryant from 1894 appeared in the Archives drawer in the Association workroom in a Ziploc bag!

We keep and maintain a vast collection of records from our earliest days to all of our complex building and business to the present day. Recently, a long-time volunteer whose mother was also an Attic Angel, found among her papers a folder of Attic Angel material. This was given to Archives and we found some things we did not have. Nothing is too old or obsolete...we will gladly look at it!



Halloween

was celebrated at AAP on Thurs., Oct. 24. Kudos to Angela Paoletti and her team for the great decorations and planning that made this night special for all!

Contributions ~ October 2013

AAP

In-Kind

Barbara Anderson
Estate of Rose Hickey
Paula Kramer
Dagny Myrah

Studio

Gladys Blanchar
Ruth Seger

AAP Expansion Project

Bill & Peg Jones
Roland & Nancy Emmons Smith

Association

Anonymous
Jan Emmerich
Norma Petchler
Patty Schultz

In honor of her special Angel Class of '83 with hugs for all!

Patti Peterson

In honor of Linda Argue '94 on her December birthday

Carole Pohlson

In memory of Patrick Boyle, husband of Mary Boyle '82

Dyanna Czeck
Art & Pat McClure
Carol Reneau
Ann Shea
Janet Stockhausen

In memory of Elsa Johnson '59

Sally Jamieson
Jo Jean Janus
Joan Jennerjohn
Kay Lindsay

In memory of Catherine Rindahl, mother of Mary Kay Gempeler '94

Angel Class of '94

Apartments Holiday Decorating

Jan Cibula
Sara Lee Hinckley
Judy Moriarty

Resident Aid

In honor of the six Amethyst Halo Award recipients from the Angel Class of '88 and their leader, Pat Bernhardt '82

Mauretta Mattison

In honor of the Angel Class of 2013

Lynn Hodges
Melinda Pellino

In honor of Pat Bernhardt '82

Jan Von Haden

Resident Aid, cont.

In honor of Pat Bernhardt '82 and the Medical Transport Angels

Norma Petchler

In memory of Mary '82 and Pat Boyle

Pat Bernhardt

In memory of Patrick Boyle

Jane McGinn
Joseph & Danita Zelenak

In memory of Pat Boyle with loving thoughts of Mary Boyle '82

Bob & Rita Reif

In memory of Jerry Germanson, husband of Ellie Germanson '86

Pat Bernhardt

In memory of Elsa Johnson '59

Pat Bernhardt

In memory of Ruth Levey, sister of Ada Mitchell, AAP

Pat Bernhardt

In memory of Grace Porter, mother-in-law of Nancy Porter '08

Pat Bernhardt

In memory of Roth Schleck, companion of Marion Applegate '72

Bobetta Todd

In memory of Rosalyn Sinaiko

Jim Berliner, Sean Cauvel & the Westmount Family

Q & A

By Kathy Schultz, Volunteer
Coordinator

Q - When a resident passes away, is there any way you could include their photograph in the announcement?

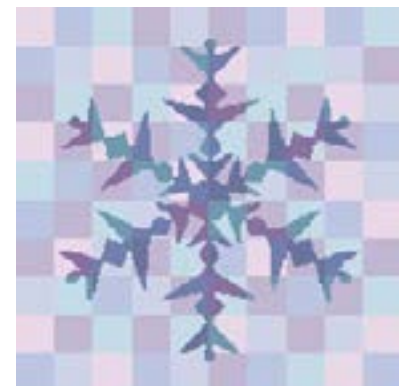
A - That is a lovely idea. There are many residents who have requested their photos not be published and we must honor that even at their death. It could become confusing to include some and not others. I do keep a Resident Profile binder and the Remembrance binder in my office and, in most cases, you will find photos of residents in those.

Musings, cont. from Page 1

- One glass of wine a day is another commonality among Blue Zone cultures, but just one for ladies and two for men; and you can't save up each day's allotment and overdo it on the weekend!
- Be around people who support you in your life. If your friends are overweight, it is more difficult for you to stay slender. This goes beyond just nutrition and also applies to emotional support. Oriental cultures assign young women to a group who stay with them throughout their lives.
- Nurture your sense of community, whether that is patriotism for your country, or contribution of time and energy to your city, your church, your Angel Class or living community.
- Keep your loved ones first. Make time for those you love and continually re-invest in those relationships.

Sale of a Prairie Point parcel of vacant land:

We have a signed Letter of Intent with a developer, and we are proceeding to a Definitive Agreement. The next step will involve six months of due diligence including more in-depth research and approvals through the city process, as well as a meeting with the residents to discuss the plans. If all goes well, we should be able to close on the deal by next summer.



Attic Sale News

By Pat McClimon, 2014 Attic Sale Steering Committee

The fall events, Clothing Sale, Second Chance Sale and Holidays Galore & More, are over and so it is now full speed ahead to our June 13th and 14th signature Attic Sale! Chairs/Co-Chairs please “save the date” of January 21st at 9 AM for our Mid-Year Chairpersons' Meeting. More information will be forthcoming regarding this.

We will hold just one Pack in December. That will be on Thursday, December 12th, from 9 AM to Noon. Join us for our version of holiday merry-making in our own Angel workshop. As the saying goes, “many hands make light work,” and we’ll polish, price and pack our stash in just a few hours. Come one, come all - no experience necessary!

Our holiday wish list includes:

1. An Angel/pair of Angels to chair our Baskets/Flowers area
2. Multitudes of Angels to appear at our Packs.
3. Jewelry, linens, art, treasures, home essentials, sports equipment, hardware, toys, furniture, cookbooks, children’s books, stationery items and Halloween items to fill our donation area.

The 2014 Sale Steering Committee sends best wishes for a great holiday season and many thanks to all the Angels helping to make the 2014 Sale a success.

December Continuing Education Programs

- Dec. 2 no program - Thanksgiving Break
- Dec. 9 **“CRIMES OF PERSUASION, ALSO KNOWN AS SCAMS”**
Rodney Wilson, Crime Stoppers and Crime Prevention Coordinator, Madison Police Dept.
- Dec. 16 **“CELEBRATE THE SEASON”**
The Attic Angel Choir

*This concludes the programs for December.
Programs will begin again on January 6.*

Residency Options

By Claire Merkt, Director of Marketing

Now that Expansion and Renovation is behind us, our entire team continues to focus dedicated energy to filling our new and renovated residences at Attic Angel Place. As with any expansion, there is a period of “fill up” before we reach an expected operating occupancy.

Within Madison we are experiencing quite a competitive environment for assisted living services. To encourage prospective residents to join our Community, for a limited time we will offer creative and “outside the box” offers and incentives to encourage quick move-in commitments. If you know of someone who is considering a move to Attic Angel, we appreciate your active encouragement and support to their decision! Please let them know of these time limited incentives ... perhaps a meal package, a wellness package or a month’s rent waived ... we’d love to consider whatever incentive is most meaningful to our next prospective resident! Individualize it, customize it ... it’s our Attic Angel Touch! Please help spread the word about the Exceptional Living options which are now available here at Attic Angel!

Did I Mention There Will Be DANCING...

By Barbara Berven, Attic Angel Gala Co-Chair

How many angels can dance on the head of a pin? Well, the answer to THAT question remains a mystery, but next October 18, we’ll find out how many Attic Angels can dance in the ballroom at Monona Terrace. For our grand 125th Anniversary Gala, we have engaged the fabulous Gardenia Big Band, a fourteen-member orchestra under the direction of John Lichtenberg, to get those feet moving!!

Finally, an opportunity to use those dance lessons your mother insisted you take or the ballroom classes you attended in preparation for your daughter’s wedding!! The Gardenia Big Band’s elegant, smooth sound delights young and old alike, playing musical styles from the 1940s through the retro swing style. You’ll be able to “boogie woogie” with the bugle boys, foxtrot while “Cheek to Cheek”, Lindy Hop to Tommy Dorsey, even Twist or Watusi if the spirit moves you!

Do you think Cindy Zellers could be persuaded to lead the conga line? You’d better show up to find out! That date again is **Saturday, October 18, 2014.**

Address Service Requested

Yearly Event Calendar

Jan. 1, 2014	125th Anniversary year begins
Jan. 28	Education Program
Feb. 5	Souper Volunteer Activity Fair
April 9	Education Program
April 28	Annual Meeting/Spring Luncheon
May 21	Olbrich Education Program
June 13-14	2014 Attic Sale
Oct. 7	Fall Luncheon
Oct. 18, 2014	125th Anniversary Gala



In Memoriam

Helen Ostby '67

Mr. Edward Zweifel, AAP, husband of Creola Zweifel

Jim McDonald, father-in-law of Pam McDonald '02

Mr. Robert "Bob" Roth, AAP, husband of Peg Roth

December Events Calendar

- 2** Intern Decorating AAP
- 3** Common Area Decorating AAP Front Foyer 8:30 a.m.
- 6** Shabbat Garden Room, AAP 2:30 - 3:30 p.m.
- 10** HC/HH Holiday Party Community Room - AAP 3 p.m.
Haven Holiday Dinner
- 12** Apt. Tudor Dinner 5 p.m. Community Room
- 25** Association Office Closed Christmas Day
- Jan 1** Association Office Closed
Happy NEW YEAR!!

Angel Herald

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